



Client Diet Record My Pyramid Analysis

First: Laura
Middle:
Last: Friday
Company: Sample

Female
Identification Number: 1
Date of Birth: 2/4/1968
Height: 5 ft. 4 in. **Weight:** 178.00 lb.

Diet: Diet Record 1

My Pyramid helps you put the Dietary Guidelines into action. The Pyramid shows you the food groups and the amount from each group to eat every day. Each food group provides your body with essential nutrients, and the width of the stripe on the Pyramid indicates how much that food group represents in a healthy diet. For example, the orange stripe (grains) is wider than the yellow stripe (oils), meaning you should eat more grains than oils.

The Dietary Guidelines describe a healthy diet as one that

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk or milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Is within daily calorie needs based on your individual calorie pattern.

How much of each food group you are supposed to eat depends on your calorie level, which is determined by factors such as your age, gender, and daily physical activity.

Make sure that half of your grains are "whole", meaning that the grain contains the entire kernel – the bran, endosperm, and germ. Whole grains are good sources of fiber, vitamins, and minerals.

Daily physical activity is also important for a healthy lifestyle. This is symbolized by the person walking up the steps on the side of the Pyramid. Be physically active for at least 30 minutes on most days of the week.

Discretionary calories can be spent on "luxury" foods once your nutrition needs have been met through your diet. The amount of discretionary calories you may have depends on your calorie level. "Luxury" foods include foods that contain solid fats, added sugars, and alcohol.

Your caloric recommendations are:	1867	Your discretionary calorie allowance is:	195
Your My Pyramid Calorie Level is:	1800	Your discretionary calorie consumption is:	651
Your average daily consumption is:	1743		



Food Group	You Should Eat:	Your Diet:
Grains	6.0	8.0 oz-eq
Vegetables:	2.5	1.0 cups
Fruit	1.5	0.0 cups
Oils	5.0	0.5 tsp
Milk	3.0	1.0 cups
Meat and Beans	5.0	4.5 oz-eq

For the purposes of this report, beans are counted in the Meat and Beans category. Beans may count toward your vegetable intake if you meet your goal for Meat and Beans with other foods in this category (meat, nuts, seeds, etc.).